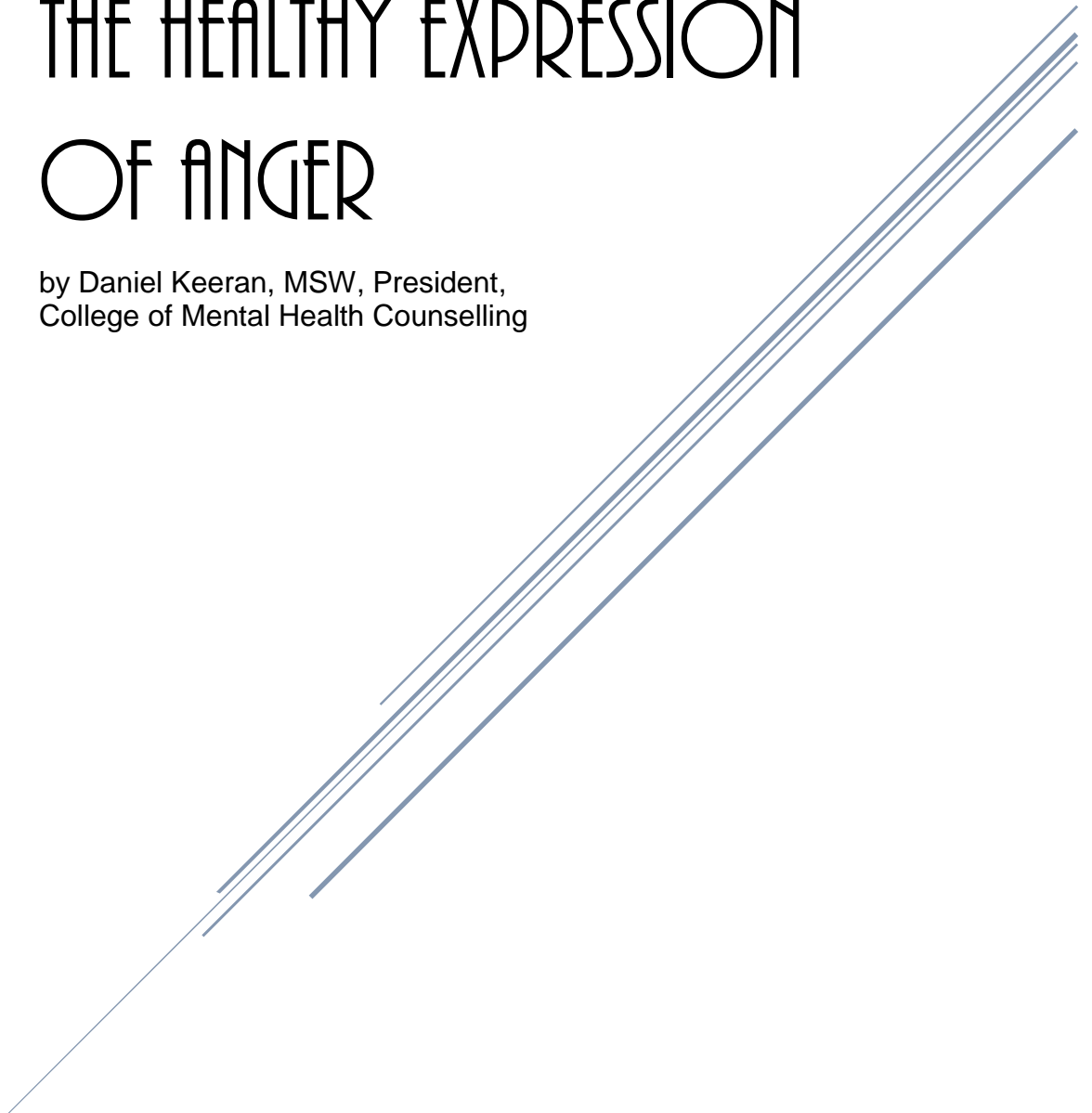


THE HEALTHY EXPRESSION OF ANGER

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It is important to define healthy anger so that unhealthy destructive anger can be avoided. Practice this exercise to build skills for expressing healthy anger. Remember that the passive personality may feel afraid of this procedure while the aggressive personality may feel weakened because it does not allow for the aggressive repertoire.

Observe these principles:

1. Avoid extremes of remaining silent or shouting, but speak softly.
2. Be nonjudgmental and brief, using a single statement if possible.
3. Ask permission before directing anger: "Do you mind if I tell you about my anger?"
4. Anger must not be used to manipulate, frighten, or punish someone. For this reason, work on reporting your anger rather than attacking others or dumping anger onto others.
5. Use the structured three-part assertive formula: "I feel _____, when you _____, because _____." In the first blank put a feeling word such as angry. In the second blank, give a description of observed behaviour (no assumptions allowed). In the third blank, state the affect the behaviour has on your life.
6. If you think something is true that you assume, check it out by saying: "Do you mind if I check something out with you? Am I correct to think that you _____." Then trust that the answer is given honestly.

Here are some examples:

I feel angry when you are late and don't call to let me know, because then I can't plan dinner.

I feel frustrated when you don't take a phone message when someone calls for me, because then I cannot return calls that may be important to me.

I feel annoyed when you don't clean up after yourself, because then it makes more work for me.

I feel frustrated when you leave the gas tank empty, because then I have to get gas and I end up having to rush or be late.

I feel annoyed when you leave the toilet seat up, because then I sit on the bare rim at night and I get dirty and have to wash up.

Assess Your Anger Scruples

https://www.academia.edu/35137400/Anger_Self-Assessment_Join_the_Movement_download_distribute

Anger Management 101

https://www.academia.edu/35080837/Anger_Management_101_and_The_Anger_Belief_Test